



ALL PRO STRATEGIES FOOTBALL CAMP

An instructional tackle football camp for beginners to veterans, stressing proper positional development and for every position both individually and as a team. Our football tackling techniques are introduced in a slow, gradual progression before any actual "contact" is initiated. Campers are divided according to age, weight and ability, and move from non-contact drills to full contact in a gradual progression, culminating with our final day 'Live' scrimmage.

Each camper practices with and learns from a former NFL player and coaches from top football schools here in Texas. We'll review by video analysis and chalk talk to discuss the merits of development and positional progression through one-on-one evaluations as they relate to the necessary fundamental dynamics of that position.

All Pro Strategies Football Camp for boys entering grades 5-7

Trinity Center for Arts & Athletics

3901 Bee Cave Road, Austin, TX

Coach: Stephen Braggs, Trinity Trinity Football Coach and former NFL defensive back and NFL coach

Dates: July 24-27, 8 a.m. - 1 p.m. Cost: \$299



AREAS OF INSTRUCTION

- Quarterbacks: Stance, Exchange, Drops, Set-Up, Sprint Out, Play Action, Screens, Ball Handling, Option, Reading Defenses, and Field Leadership
- Wide Receivers: Stance, Start, Release, Route Running, Cuts, Receiving, Blocking, and Reading Defenses
- Running Backs: Stance, Start, Ball Handling, Ball Security, Pass Protection, Run Blocking, Route Running, Play Action, Screens, and Reading Defenses
- Tight Ends: Stance, Start, Release, Run Blocking, Pass Protection, Route Running, Receiving, Ball Security, and Reading Defenses
- Center: Stance, Snap Accuracy, Reading Defenses, Run Blocking and Pass Blocking
- Cornerback: Stance, Reading Offenses, Anticipating the QB, Backpedaling, Executing Single and Zone Coverage, Disrupting Pass Routes, Shedding Blockers, and Tackling
- Defensive End: Stance, Reading Offenses, Shedding Blockers, Tackling, Rushing the QB
- Guard : Stance, Reading Defenses, Speed Blocking and Pulling, Run Blocking and Pass Blocking
- Linebacker: Stance, Reading Offenses, Rushing, Tackling and Blitzing
- Safety: Stance, Reading Offenses, Disrupting Pass Routes, Backpedaling, and Tackling
- Offensive Tackle: Stance, Reading Defenses, Protecting the Blindside, Run Blocking, Pass Blocking, and Tackling
- Defensive Tackle: Stance, Reading Offenses, Run Stopping, Pass Rushing, Gap Coverage

CAMP OBJECTIVES

- Proper tackling fundamentals and techniques
- Team development
- Importance of preparation, innovation & goal setting
- HAWK tackling techniques & heads-up tackling fundamentals

REGISTRATION AND CONTACT INFO:

To register, log on to www.austintrinity.org/summer. For questions and more information, contact Stephen Braggs at sbraggs@austintrinity.org. Additional fees: *\$87 equipment rental (Helmet, Shoulder pads, Jersey, Padded football pants) and supplies*



Sample: Rating sheet for use by Camp Coaches

ALL PRO STRATEGIES FOOTBALL CAMP

Last Name _____ First _____
 School _____ Year _____
 Height _____ Weight _____ 40 Speed _____
 Birthdate _____ Age _____
 Position 1 _____ Position 2 _____ Jersey # _____

CHARACTER	QUARTERBACK	RECEIVER	RUNNING BACK	OFF. LINEMAN
Reliability	Ball Handling	Initial Quickness	Quick Start	Initial Quickness
Leadership	Set Up Quickness	Separation	Inside Running	Position Sustained
Stability	Loc. 2nd Receiver	Run Block	Outside Running	Dn. Fld. Blocking
Coachable	Judgement	Line Release	Elusive Runner	Pull & Trap
Rate:	Quickness	Route Agility	Run Block	Run Block
GENERAL ALL POSITIONS	Arm Strength	Field Awareness	Pass Block	Pass Blocking
ATHLETIC ABILITY	Accuracy Long	Receiving Tech.	Hands	Hand Speed/Stg.
Quick Feet	Accuracy Short	Reaction to Crowd	Fumble	Reactions
Agility	Scramble Ability	Hands	Durability	Long Snap
Acceleration	Poise vs Pressure	Run After Catch		
COD	Touch on Ball	Break Tackle		
Balance	Keeps Drive Alive			
	Leadership			
COMPETITIVENESS	LINEBACKER	DEFENSIVE BACK	DEF. LINEMAN	KICKER/PUNTER
Toughness	Read and React	Key and Diagnose	Initial Quickness	Quickness
Aggressiveness	Strength at POA	Run support	Hand Speed	Leg Strength
Clutch Player	Lateral Quickness	Tackle	Strength at POA	Height of Ball
MENTAL	Range	M/M Coverage	Recognition	Accuracy
Backside Effort	Blitz Rush	Zone Coverage	Shed Block	Pressure
Football Instincts	Pass coverage	Closing Quickness	Accel. to Ball	Handle Wind
STRENGTH	Hands	Ball Reaction	Pass Rush	Hands
Upper	Tackle	Range	Pursuit	Run/Pass
Lower	Shed Blockers	Hands	Tackle	Approach
Explosion		Hips/Pedal		

STRONG POINTS:

CHALLENGES:

SUMMARY:

Playing Speed:	Production Rate:	Injury Rate:	Testing Rate:	Character Rate:
Coach:	Date of Report:	Probable POS	Film POS	GRADE: